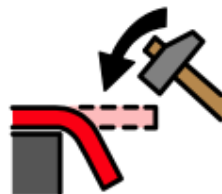




straddle



pivot



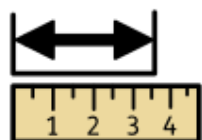
shaping



leap



confidence



measure



P.E - Gymnastics - Year 6



vault



evaluate



springboard



formation



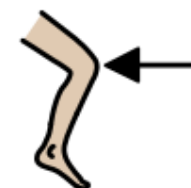
dismount



round off





squat



tuck

Y6 Physical Education: Gymnastics – Topic Vocabulary Mat

Subject Specific Vocabulary		Relevant Pictures and Information	Exciting Websites
Straddle	To stand, sit, or walk with the legs wide apart. especially : to sit astride		https://www.british-gymnastics.org/
Pivot	Movement in which the gymnast rotates on the ball of one foot.		<div><div>Lauren Zoe Hernandez is an American retired artistic gymnast. During her debut year as a senior gymnast, she competed as a member of the U.S. women's gymnastics team dubbed the "Final Five" at the 2016 Summer Olympics</div></div>
Shaping	Using tension to make it possible for your body to stay in straight lines		
Leap	Take off from one leg and land on either one or two legs		
Confidence	A feeling or belief that you can do or achieve something		
Vault	An action a gymnast performs by running down a runway that is usually made of soft material.		
Springboard	A platform set upon one or usually multiple springs	What I've Learnt Already	Key Knowledge
Tuck	A position where knees and hips are bent and drawn into the chest, with the body folded at the waist..	Year 5- How to: <ul style="list-style-type: none">Forward roll variations including; forward roll to straddle stand.Backward roll variations including; to straddle stand.Cartwheels including; one handed, side to side, front to back, introducing round off, cartwheels using equipment.Handstands including; handstand shaping, partner handstands.Leaps & Spins; leap variations, transitional movements, spin variations, linking leaps and spins. Vault:Squat and Straddle ons with dismount jumps.Introducing through vaultsRoll along vaults	<ul style="list-style-type: none">To know how to evaluate and reassess specific sequences and routinesTo know how to demonstrate precise and controlled placement of body parts in their actions, shapes and balances.
Squat	If you crouch down very low and sit on your heels, you squat..		<ul style="list-style-type: none">To know how to confidently use equipment to vault and incorporate this into sequences
Round off	A move in gymnastics similar to a cartwheel, except the gymnast lands with two feet placed together on the ground instead of one foot at a time		<ul style="list-style-type: none">To understand the importance of conditioning, stretch and endurance in gymnastics.
Dismount	The skill used to get off an apparatus		<ul style="list-style-type: none">To know how to apply skills and techniques consistently, showing precision and control.
Chassis	A support or framework used to support another gymnast		<ul style="list-style-type: none">To know how to develop strength, technique and flexibility throughout performances
Formation	A demonstration of force, passion, and union gymnasts in a sequence	Skills I am Developing	<ul style="list-style-type: none">To know how to create their own complex sequences involving the full range of actions and movements
Evaluate	To determine the significance, worth, or condition of usually by careful appraisal and study. .	<ul style="list-style-type: none">Rolls: Forward roll from standing. Straddle forward roll. Pike forward roll. Dive forward roll. Tucked backward roll.Jumps: Straight jump. Tuck jump. Jumping jack. Star jump. Straddle jump. Pike jump. Straight jump half-turn Straight jump full-turn Cat leap. Cat leap half-turn.Vaults: Hurdle step onto springboard. Squat on vault Straddle on vault. Star jump off. Tuck jump off Straddle jump off. Squat through vault. Straddle over vaultHandstands, Cartwheels and Roundoffs: Lunge into cartwheel. Lunge into round-off Hurdle step. Hurdle step into cartwheel. Hurdle step into round-off Travelling and Linking Movements: Tiptoe, step, jump and hop Hopscotch. Chassis steps. Straight jump half turn Straight jump full turn. Cat leap. Cat leap half turn. Cat leap full turn PivotShapes and Balances 1, 2, 3 and 4- point balances. Balances on apparatus. Develop technique, control and complexity of part-weight partner balances Group formations. Pike, tuck, star, straight, straddle shapesEvaluate: Thoroughly evaluate independently.	